

2015 SEPTEMBER – GROUP EXERCISE CLASSES SALT RIVER FITNESS CENTER & SALT RIVER HIGH SCHOOL DIABETES PROGRAM – FITNESS PROGRAM 480-362-7320/480-362-7342				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 6:15AM-7:00AM HIIT W/RACHEL 9:30AM-10:00AM YS – MOUSERCISE SESSION 11:05AM-12:00PM BEGINNING YOGA W/RACHEL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/RACHEL  SR HIGH 3:30PM-4:15PM NO CLASS  5:30PM-6:30PM SPINNING® W/MICELLE (9 bikes available) 6:30PM-7:30PM NO CLASS	2 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 11:05AM-12:00PM BIG FIT w/ANJA 12:05PM-12:50PM HIIT W/MICHELLE 2:00PM-3:00PM JTR YOGA CLASS 5:30PM-6:30PM ZUMBA® W/RACHEL 6:30PM-7:30PM BEGINNING YOGA W/RACHEL	3 6:15AM-7:00AM SPINNING® W/BEVERLY (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 12:05PM-12:50PM KICK N PUNCH HIIT W/RACHEL  SR HIGH 3:30PM-4:15PM BEGINNING YOGA W/RACHEL  4:00PM-5:00PM CORE FUNCTIONAL TRAINING W/BRAXTON 5:30PM-6:30PM SENIOR DANCE CLASS 55+ W/ROBERTA J.	4 12:05PM-12:50PM SPINNING® W/MICELLE (9 bikes available) 5:30PM-6:30PM ZUMBA® W/RACHEL
7  LABOR DAY  SALT RIVER FITNESS CENTER  CLOSE	8 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 10:00AM-11:00AM CHAIR YOGA W/MELINDA 11:05AM-12:00PM BEGINNING YOGA W/CAROL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION  SR HIGH 3:30PM-4:15PM STEP N PUMP W/RACHEL  5:30PM-6:30PM SPINNING® W/MICELLE (9 bikes available) 6:30PM-7:30PM BIG FIT w/ANJA	9 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available)  11:00AM-2:00PM DHHS QUATERLY MEETING FITNESS CENTER CLOSED  2:00PM-3:00PM JTR YOGA CLASS 5:30PM-6:30PM ZUMBA® W/RACHEL 6:30PM-7:30PM BEGINNING YOGA W/VANESSA	10 6:15AM-7:00AM SPINNING® W/BEVERLY (9 bikes available) 9:30AM-10:00AM NO CLASS 10:00AM-11:00AM CHAIR YOGA W/MELINDA 12:05PM-12:50PM SPINNING® W/BEVERLY (9 bikes available)  SR HIGH 3:30PM-4:15PM NO CLASS  4:00PM-5:00PM CORE FUNCTIONAL TRAINING W/BRAXTON 5:30PM-6:30PM SENIOR DANCE CLASS 55+ W/ROBERTA J.	11 12:05PM-12:50PM SPINNING® W/MICELLE (9 bikes available) 5:30PM-6:30PM ZUMBA® W/RACHEL
14 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 12:05PM-12:50PM CORE FUNCTIONAL TRAINING W/BRAXTON 2:00PM-3:00PM JTR YOGA CLASS  SR HIGH 3:30PM-4:15PM CIRCUIT TRAINING W/MICHELLE  5:30PM-6:30PM ZUMBA® W/ANNIE	15 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 11:05AM-12:00PM BEGINNERING YOGA W/RACHEL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION  SR HIGH 3:30PM-4:15PM ZUMBA® W/RACHEL 5:30PM-6:30PM SPINNING® W/MICELLE (9 bikes available) 6:30PM-7:30PM BIG FIT w/ANJA	16 6:15AM-7:00AM AB/CORE WORK W/RACHEL 11:05AM-12:00PM BIG FIT w/ANJA 12:05PM-12:50PM HIIT W/MICHELLE 2:00PM-3:00PM JTR YOGA CLASS 5:30PM-6:30PM ZUMBA® W/RACHEL 6:30PM-7:30PM BEGINNING YOGA W/RACHEL	17 6:15AM-7:00AM SPINNING® W/BEVERLY (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 12:05PM-12:50PM STEP N PUMP W/RACHEL  SR HIGH 3:30PM-4:15PM BEGINNING YOGA W/RACHEL  4:00PM-5:00PM CORE FUNCTIONAL TRAINING W/BRAXTON 5:30PM-6:30PM SENIOR DANCE CLASS 55+ W/ROBERTA J.	18 12:05PM-12:50PM SPINNING® W/MICELLE (9 bikes available) 5:30PM-6:30PM ZUMBA® W/RACHEL
21 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 12:05PM-12:50PM CORE FUNCTIONAL TRAINING W/BRAXTON 2:00PM-3:00PM JTR YOGA CLASS  SR HIGH 3:30PM-4:15PM CIRCUIT TRAINING W/MICHELLE  5:30PM-6:30PM ZUMBA® W/ANNIE	22 6:15AM-7:00AM HIIT W/RACHEL (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 10:00AM-11:00AM CHAIR YOGA W/MELINDA 11:05AM-12:00PM BEGINNING YOGA W/CAROL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION  SR HIGH 3:30PM-4:15PM AB/CORE WORK W/RACHEL  5:30PM-6:30PM SPINNING® W/MICELLE 6:30PM-7:30PM BIG FIT w/ANJA	23 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 11:05AM-12:00PM BIG FIT w/ANJA 12:05PM-12:50PM HIIT W/MICHELLE 2:00PM-3:00PM JTR YOGA CLASS 5:30PM-6:30PM ZUMBA® W/RACHEL 6:30PM-7:30PM BEGINNING YOGA W/MELINDA	24 6:15AM-7:00AM SPINNING® W/BEVERLY (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 10:00AM-11:00AM CHAIR YOGA W/MELINDA 12:05PM-12:50PM ZUMBA® W/RACHEL  SR HIGH 3:30PM-4:15PM BEGINNING YOGA W/RACHEL  4:00PM-5:00PM CORE FUNCTIONAL TRAINING W/BRAXTON 5:30PM-6:30PM SENIOR DANCE CLASS 55+ W/ROBERTA J.	25  NATIVE AMERICAN DAY  SALT RIVER FITNESS CENTER  CLOSE
28 6:15AM-7:00AM SPINNING® W/BEVERLY (9 bikes available) 12:05PM-12:50PM CORE FUNCTIONAL TRAINING W/BRAXTON 2:00PM-3:00PM JTR YOGA CLASS  SR HIGH 3:30PM-4:15PM CIRCUIT TRAINING W/MICHELLE  5:30PM-6:30PM ZUMBA® W/TBD	29 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 9:30AM-10:00AM YS – MOUSERCISE SESSION 11:05AM-12:00PM BEGINNING YOGA W/RACHEL 12:05PM-12:50PM TOTAL BODY CONDITIONING W/DION  SR HIGH 3:30PM-4:15PM KICK N PUNCH HIIT W/RACHEL  5:30PM-6:30PM SPINNING® W/MICELLE (9 bikes available) 6:30PM-7:30PM BIG FIT w/ANJA	30 6:15AM-7:00AM SCHWINN CYCLING® W/KATIE (9 bikes available) 11:05AM-12:00PM BIG FIT w/ANJA 12:05PM-12:50PM HIIT W/MICHELLE 2:00PM-3:00PM JTR YOGA CLASS 5:30PM-6:30PM NO CLASS 6:30PM-7:30PM NO CLASS	ANNOUNCEMENTS:  THURSDAY NOON CLASSES “VARIETY THURSDAY” IN SEPTEMBER!  SATURDAY, SEPTEMBER 19 2015 FAMILY HEALTH & FITNESS DAY RUN/WALK – 10K (6.2 MILES), 2-MILE RUN/WALK & MILE FAMILY WALK. *Everyone is welcome to join the this event*  The Salt River Diabetes Program’s Fitness Centers are open to the SRPMIC Enrolled Community Members & Families/Community Residents/Tribal and Enterprise Employees. Please see fitness staff for Fitness Center enrollment/health history form prior to using the facility. All individual must fill out health history form prior to using Diabetes Program’s Fitness Centers.	

IF THE INSTRUCTOR IS OUT ANOTHER INSTRUCTOR MAY COVER CLASS BUT IF NO INSTRUCTOR IS AVAILABLE CLASS MAYBE CHANGE TO ANOTHER TYPE OR IT MAYBE CANCELED. STAFF WILL TRY TO POST NOTICE AS SOON AS POSSIBLE ON FACILITY ENTERENCES, EMAIL AND POST ON ANNOUNCEMENT.

**GROUP EXERCISE CLASS DESCRIPTIONS**

**ABS/CORE WORK:** A class that focuses on the abdominals and core. Approximately 30–40 minutes. Medicine balls, stability balls, mats, weights, Bosu ½ ball, weighted bars, etc. Exercises format will be by reps or time.

**BEGINNING YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**BIG FIT:** You can be large and be physically fit. Work out with other larger women. Enjoy to move your body in your own pace. Be encouraged to take charge of your health. Routine includes warm up, low impact cardio, muscle toning and flexibility.

**CIRCUIT TRAINING:** This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

**CORE FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

**CHAIR YOGA:** Is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. Often the poses, or Asanas, are often adaptations of Hatha yoga poses. Chair Yoga is one of the gentlest forms of yoga available. Complicated maneuvers and complex movements are not present in a chair yoga class. Within this type of yoga class, you can cover standing, seated, and prone postures. Most of these classes use the chair only, due to the difficulty of getting down or up off the floor.

**HIIT (High Intensity Interval Training):** This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

**KICK N PUNCH HIIT:** Taking your shadow boxing and kicking into the mix combo of body weight exercise or weight exercise segments. The HIIT format of 20 sec work and 10 sec rest. Just like the HIIT class the class is designed to boost caloric burn and metabolism. High intensity interval training. Work your hardest!

**STEP N PUMP:** A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in an interval setting. This class you will work your total body – cardio and strength training. Recommendation on step high no higher than 10 inches.

**SENIOR DANCE CLASS 55+:** Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

**SPINNING®/SCHWINN CYCLING®:** SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

- FIRST COM FIRST SERVES! NO RESERVING BIKE.
- 9 BIKES AVAILABLE.
- REMEMBER TO BRING WATER BOTTLE AND TOWEL FOR WORKOUTS!
- WE ENCOURAGE A BASE OF CARDIOVASCULAR EXERCISE OF 3 MONTH PRIOR TO STARTING IN THE INDOOR CYCLING CLASS ALL, INDOOR CYCLING CLASSES WELCOME THE BEGINNER TO ADVANCE RIDERS.

**TOTAL BODY CONDITIONING (TBC):** Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity.

**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

**\*\*PRIVATE SESSIONS GROUPS\*\***

**JOURNEY TO RECOVERY YOGA:** This session is for Journey to Recovery clients only. PRIVATE SESSIONS

**YS EEP – MOUSERICE SESSION:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.